Depression among OBS/GYN residents at Kasralainy.

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Introduction

Residency is a high point in the life of training physician and also respresents an important milestone in our development as fully independant doctors however for many young doctors , residency is a time punctuated by depression and burnout.

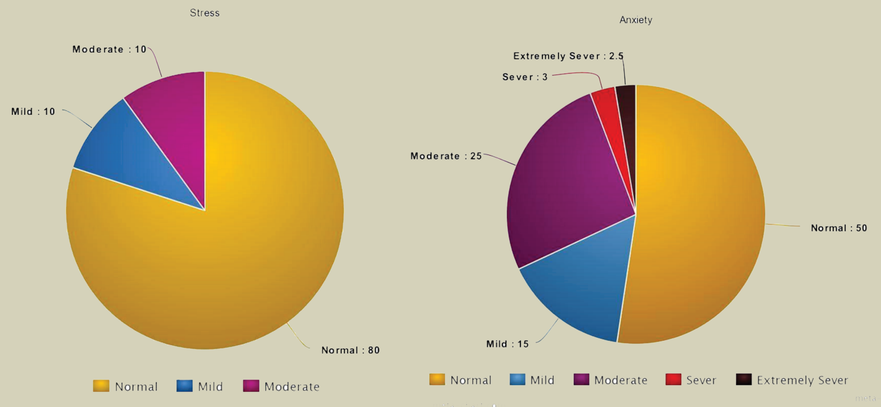
objectives

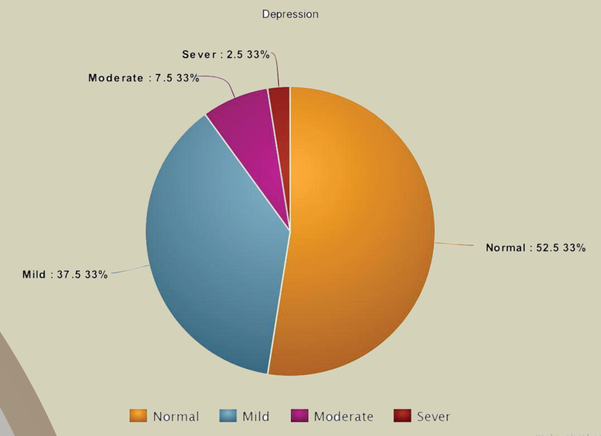
-Assess depression among OBGYN residents in Kasr Al-Ainy hospital,& determine suggestive underlying causes.
-Rephrase recommendations given by residents themselves to improve residency.

methodology

- cross sectional study on 100% of the rsidents
- Did on october, november, december 2016

Results





Main Problems

WORKING HOUR

16H per DAY
84 H pe week

patient overflow

-150 patients per day in clinic
-100 patients per day in emergency.

paper work

80% have negative impact

infection

average 64%

unaccessible food

represents 95%

Recommendations

-Increase number of residents
-Reducing working hours within human's capability or at least proper management of them "fixed working hours, fixed times for break".
-proper place to sleep and a bathroom in every department Supply them with
-Apply safety measures.
-Apply fixed and good plan of training.
-Professors should be more involved in teaching residents.
-Value and improve relationship between staff and young residents.
-computerize system and decrease paperwork.
-Standardize management protocols that staff members follow.
-Criteria for patients admission and referral should be clear and controlled to control flow of patients.

References

Dass 21
medscape

EGYPT VS USA

A systematic review & meta-analysis was con ducted to assess Preva lence of Depression and De- pressive Symptoms Among Resi- dent Physicians in USA.
*Data were extracted from 31 cross-sectional studies and 23 lon- gitudinal studies.
*The overall pooled prevalence of depression or depressive symp- toms was 28.8%.